

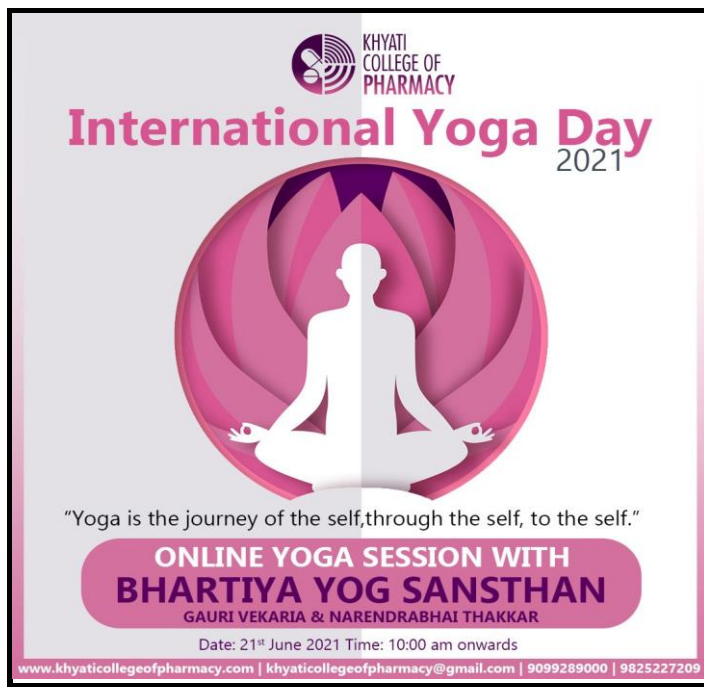
Report on International Yoga Day-2021

The “**NSS Unit of Khyati College of Pharmacy**”, Palodia, Ahmedabad had Organized Virtual celebration of “**7th International Yoga Day**” on **21st June, 2021**. The International Yoga Day has been coined by our Honourable Prime Minister Shree Narendra Modiji and it has been recognised worldwide and celebrated across nations.

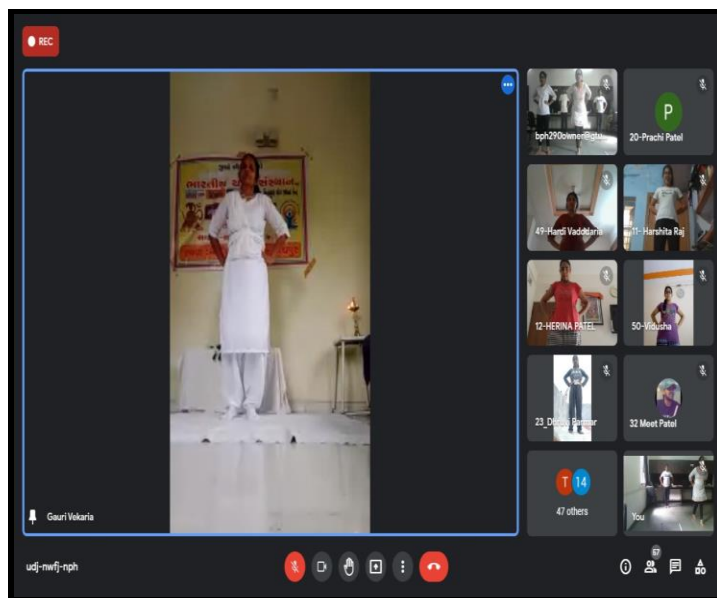
The “**Yog - Karma**” Known for providing the deeper understanding towards relationship of mind to the body and soul. It benefits the health of every human in order to increase their physical and mental stamina. The traditional way of doing yoga on daily basis has been provided to the students and participants through online platform by “**Bhartiya Yog Sansthan**”. The Yog Experts **Mrs. Gauri Vekaria** and **Narendrabhai Thakkar** have provided the total guidance for various poses to be performed. Nearly **100 students and all faculty members** have gained basic knowledge and performed the yoga.

Students & Faculties had taken a pledge for continuing yoga for routine & daily life to stay healthy and fit. Finally **Mr. Harsh Trivedi**, I/C Principal shared a vote of thanks and conclude at the celebration.

Glimpses of Programme



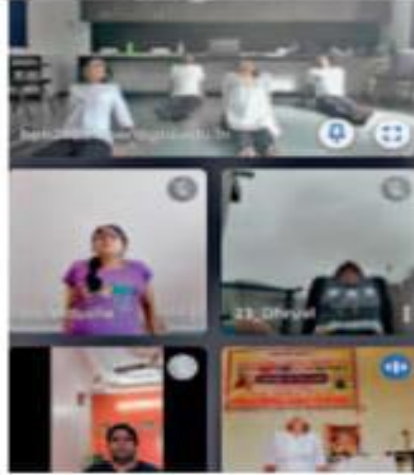
Brochure/ Flyer for Celebration of International Yoga Day – 2021



Mrs. Gauri Vekaria, Youg Guru, Bhartiya Yog Sansthan teaching youga
Virtually to Participants



૧૦૦ થી વધુ કર્મચારી અને વિદ્યાર્થીએ યોગ-આસનનો અભ્યાસ કર્યો



ઇન્ટરનેશનલ યોગ દિવસે ખ્યાતિ કોલેજ ઓફ ફાર્મસીના એનએસએસ સેલ દ્વારા યોગ દિવસની ઉત્સાહપૂર્વક ઉજવણી કરવામાં આવી. જેમાં ફાર્મસી કોલેજના ૧૦૦થી વધુ કર્મચારીઓ અને વિદ્યાર્થીઓએ યોગ આસનનો અભ્યાસ કર્યો હતો.